EFFECT OF YOGIC EXERCISES ON PSYCHO-PHYSICAL STRESS, MORAL VALUES AND PERSONALITY OF SECONDARY SCHOOL STUDENTS

SYNOPSIS OF THE THESIS

Submitted by

Parveen Kumar

Registration No. AU21EDPhD0061

Under Supervision of

Dr. Ajay Sharma

In Partial Fulfillment of the Requirements

For the Degree of

DOCTOR OF PHILOSOPHY

SCHOOL OF EDUCATION

FUCULTY OF EDUCATION, BASIC SCIENCES AND HUMANITIES

ABHILASHI UNIVERSITY

CHAIL-CHOWK, DISTT. MANDI (H.P.) 175045

MAY 2023

EFFECT OF YOGIC EXERCISES ON PSYCHO- PHYSICAL STRESS, MORAL VALUES AND PERSONALITY OF SECONDARY SCHOOL STUDENTS

SYNOPSIS OF THE THESIS

Submitted by

Parveen Kumar

Registration No. AU21EDPhD0061

Under Supervision of

Dr. Ajay Sharma

In Partial Fulfillment of the Requirements

For the Degree of

DOCTOR OF PHILOSOPHY

SCHOOL OF EDUCATION

FUCULTY OF EDUCATION, BASIC SCIENCES AND HUMANITIES

ABHILASHI UNIVERSITY

CHAIL-CHOWK, DISTT. MANDI (H.P.) 175045

MAY 2023

DECLARATION

I hereby declare that the dissertation synopsis entitled "EFFECT OF YOGIC EXERCISES ON PSYCHO-PHYSICAL STRESS, MORAL VALUES AND PERSONALITY OF SECONDARY SCHOOL STUDENTS" to be submitted for the partial fulfillment of the Degree of Doctor of Philosophy in Faculty of Education, Abhilashi University Chail Chowk, Distt Mandi H.P. is my original work and dissertation has not formed the basis for the award of any degree, diploma, associateship or fellowship of similar other title(s). It has not been submitted to any other University or institution for the award of any degree or diploma.

Place: Chail-Chowk

Date: 17-06-2023

Signature

Parveen Kumar

Forwarded by:

Place: CHAIL-CHOWK

Date 17-06-2023

Signature

Dr. Ajay Sharma

INTRODUCTION

We live in a globally connected world, a world which is becoming materialistic day by day, and values material comforts, commercialization, and success, in education as well as other sectors. Students' progress and success in school is frequently measured by their examination scores rather than demonstrations of moral ethics and values.

It is really surprising that a country which was acknowledged by the world as the custodian of moral and spiritual ethics, where a king like *Harishchandra* sacrificed his sons and wife for truth; where *Maharishi Dadhichi* donated even his bones for the benefit and protection of society, is facing problem like terrorism, the darkness of self-centeredness, unlimited greed, bribery, corruption, violence, distortions and frustration etc. Every individual is in cut throat competition and is ready to win the race at the cost of anything, even our motherland.

Looking at the scenario of today's society, some question arise in the mind that the number of educated people has reached at a high level, but murder, hatred, scam and corruption have spread out like wildfire everywhere. Why? Many institutions are opened, but only few civilized people are produced. Why? Degrees are available for all, but the dignity has gone down. Why? Trained people are produced from many institutions, but sincere people are very few. Why? Many books are written; much research is done; many professional achievements are attained, but humanity is threatened. Why?

Though, it is very difficult to prove however, in the current environment of political, social and religious decay there is a need for such education /teaching which inculcates values in our children. These questions cannot be put to rest until and unless the inculcation of value, spirituality and yogic education is effectively included in our education systems. Some universal ideals of "love, peace, respect, tolerance, forgiveness, co-existence and non-violence" needs to be accepted by all the educators worldwide. These values are truly indispensable, devoid of which, our society cannot sustain itself and people will forget humanity.

Education refers to help children acquire those virtues or habits that make them to individually live good lives and at the same time become productive, contributing members of their communities. The education system must be designed as such that the individual at a formative stage should distinguish to differentiate between what is good and what bad. Practical is learning needs to take precedence over bookish learning.

Education should not only look for through economic upliftment of individual but also to psychological, physical, social, moral and spiritual spheres. This will not improve human life only but also realize the “higher truth”.

PSYCHO-PHYSICAL STRESS

Today everyone is suffering from stress both physically and mentally, due to this psycho physical stress all the arrangements are going wrong. Physical & mental health is deteriorating because of **stress.** To put it in a psychological sense, stress is a response to an external force threat; which involves fear, anxiety, anger or irritation. In physiological sense, stress refers to server physical discomfort, or physical strain or some physical impairment. In today's world, many people commit suicide due to mental stress. The most serious thing is that people are committing mass suicide. With the desire to be successful in today's intense competition, people struggle more physically and mentally than their own. As a result, a person's physical and mental health is spoiling. Stress makes it hard for us to relax and can come with a range of emotions, including anxiety and irritability. When stressed, we may find it difficult to concentrate. We may experience headaches or other body pains, an upset stomach or trouble sleeping. We may find we lose our appetite or eat more than usual. Chronic stress can worsen pre-existing health problems and may increase our use of alcohol, tobacco and other substances. Stressful situations can also cause most commonly anxiety and depression. There are various reasons for stress in our life ranging from marital issues, unemployment, health issues, work pressure, our negative attitude and even lack of emotional support. The person suffers from acute depression due to disadvantages and experiences difficulty in adjusting with his life. If a person wants to get rid of his problems, wants to lead a happy life, wants to maintain physical and mental health then yogic exercises can be very helpful. Through yogic exercises we can rediscover our centre of balance, and then our whole angle of vision will change. With this new vision, this transformed consciousness; we can set about solving the pollution problems of both the internal and external worlds.

PERSONALITY

GurudevRavindraNath Tagore once said “We were busy in decorating the cage till now the bird of the cage is still hungry” The aim of education is to develop the personality of human being and we know the **Personality** refers to the enduring characteristics and behavior that comprise a

person's unique adjustment to life, including major traits, interests, drives, values, self-concept, abilities, and emotional patterns. "Personality is the entire mental organization of human character: intellect, temperament, skill, morality and every attitude that has been built up in the course of one's life." - Warren & Carmichael (1930).So that we need a true national system of education. The ancient Indian model of "Personality", given in the Upanishads, consists of the 'five sheaths. They are 'Annamayakosh' (food sheath), 'Pranamayakosh' (vital air sheath), 'Manomayakosh' (mental sheath), 'Vijnanamayakosh' (intellectual sheath), and 'Anandamayakosh' (bliss sheath). 'Annamayakosh'; a segment of human system is nourished by 'anna', that is, food. 'Pranamayakosh' is that segment which is nourished by 'prana', that is, 'bioenergy'. 'Manomayakosh' is the segment nourished by 'education'. 'Vijnanamaya' is nourished by 'ego' and 'Anandamaya' is the segment nourished by 'emotions. To understand this concept we need spiritual education not only in India but everywhere because it is becoming increasingly clear that the present crisis through which humanity is passing today can be effectively met only if the entire humanity knocks the doors of spirituality. This is evident from the way in which the West is turning to the East. This is also evident from the counsels of some of the greatest historians of our times, who have pointed to India and Indian spirituality for the cure of the decline and fall of the Western civilization that is built upon the vital and pragmatic drives and intellect as the sole and highest governor of social building.

MORAL VALUES

In order to create honest, credible, and fair judgments and relationships in daily life, The value becomes a moral value when it's intended towards protecting and respecting life and making life better for everyone. The human beings follow various values in his life, there are so many values that cannot be classified in numbers .The value range from three (*Satyam ,Shivam, Sunderam)* to 83(Listed by NCERT). V.K.Gokak classified and grouped these 83 values under five universal human values namely Truth, righteous conduct, peace, love and non-violence. Only yogic exercises can successfully re-educate the twenty-first century mind and reveal the deeper qualities of peace, love, tolerance, acceptance and understanding which have become buried deep underneath the debris of selfishness and desire. Although spirituality and yoga are two different subjects, but both complement each other. In fact, the guidance of spirituality is possible only through continuous practice of yog. That is why all eighteen chapters of the

Bhagavad Gita are named after some *yog*. Such as *ArjunaVishadaYog, SankhyaYog, Karma Yog. ……* If *yog*is our body then spirituality is our brain. Just as the body is useless without the brain, similarly education without Moral values also become useless. As long as Yog is connected with spirituality, and spirituality gives a strong foundation to our ethics and also nourishes our Moral values**. Moral values** are important in life because: If a person has never learned about moral values then how can he/she decide between the good and the bad. Moral values reflect an individual's character and spirituality. They help in building good relationships in personal as well as professional lives.

YOGIC EXERCISES

As per the National Curriculum Framework (NCF)-2005, *Yog* is an integral part of Health and Physical Education at all level of school education and other educational institutions in India. While *yog*controls the body and mind of an individual likewise the philosophical teaching puts light on the path of his life if included as a compulsory subject in the syllabus.

Health of individuals has a direct relation with the health of a society and ultimately the health of the nation. But our health is directly related to our way of living, so the root cause of the entire problem is our lifestyle, our beliefs, our values and these can be termed as our life philosophy. For some it involves the practice of relaxation through meditation. However, according to the theory of *yog*, its ultimate aim is to unfold our hidden qualities and awakening our dormant faculties. Time to time the concept has been changed and the users are modifying it as per their own needs keeping in mind the importance of *yog* and its benefits. The importance of *yog* and yogic exercises has been accepted worldwide. Regular and systematic practice of *Ashtangyog* is capable of showing the path of spiritual progress by taking a person far above the body and mind. The prescribed eight limbs of yoga in Ashtangyog are as:

- Yama (self-Restraints)
- Niyama(observances)
- Asana (posture)
- Pranayama
- Pratyahara(withdrawal)
- Dharana(concentration)
- Dhyana(contemplation)

- Samadhi

Therefore, Yogic exercises can be considered an important basis in this. As it is said that "A healthy mind resides only in a healthy body". The importance of *Yog asana* and Pranayama for a healthy and balanced life is acknowledged not only in India but also in the world. Yoga not only purifies the body, but by controlling the mind, intellect and thoughts through *AshtangYog*, they can be put in a positive direction.

Society and the world cannot be changed unless we first change and upgrade the quality of our own thinking patterns, emotional responses and consciousness. The mental and emotional pollution within us is a greater hazard than any external pollution, and it has to be cleaned up first. To bring about this change, to restore our own inner balance and to harmonise the inner and outer worlds is the work of yogic exercises. *Yog* elevates our consciousness, re-unites us with our own lost selves and also with our estranged surroundings. Yogic exercises can mean different things to different people. For many it is a way to lead a peaceful life. For others it is a way to keep the body free from different ailments and disorders. But it is certain that Yogic exercises have a major role in keeping the human body, mind and soul healthy and happy.

REVIEW OF LITERATURE

The purpose of any literature review is to take inspiration from the existing knowledge or to give ideas to the researcher to give a new and different direction to his research. Literature review is a summary of the sources related to the research. Many authors believe that it is only a survey of whether what research is being done on related topics. Any literature review gives us information about what is wrong with the existing findings or what new scope it has, it is possible to overcome them only by its-depth knowledge. Ideas have to be summarized and synthesized so that Researcher gets direction for success in new research. The aim of any literature review is to summarize and synthesize the arguments and ideas of existing knowledge in a particular field without adding any new contributions. Being built on existing knowledge they help the researcher to even turn the wheels of the topic of research.

Rani &Rao (2005) investigated that The impact of yoga training on the body image and moods in a group of 40 adults (23 males and 17 females) in the age range of 20-29 years who underwent a two week yoga training programme at the Institute for Yoga and Consciousness, Andhra University, Vishakhapatnam during the practice sessions may have contributed to develop

positive thoughts about the body. Thus, gradually negative thoughts involved in body dissatisfaction may gradually have been replaced by positive thoughts and positive body image.

Shukla (2006) observed that the rise of consumerism in the modern world and the information revolution has brought degeneration in moral values of society. The current educational curriculum is fail to apply moral values in education .author suggests, some guidelines and some practical courses to the educators, educational administrators and teachers.

Kaur(2006) advocates that the yogic practices will enhance the confidence among students and inculcate the feeling of well being. By management of Academic stress, the overall personality and health status of students will be improved. Thus, they can perform better in their daily life by becoming balanced persons

Sharma, Chauhan &Khanna (2012) investigated "Stress management through yoga practices in the corporate sector." They are exposed to stress and tension for long periods which may manipast in the form of many aliments like hypertension, high/low - 60 - blood pressure, insomnia, depression, backaches, migraine, etc. This in turn results in overall decrease in the executive's efficiency and productivity; consequently, there is a deterioration of human capital in the organization. Yoga is the answer for healing stress among working man and women. This all-in-one formula acts as a soothing agent for the burned-out Indian corporate and is fast growing on the popularity charts.

Baumsteiger and Chenneville (2013) undertook a study that looked at the influence of religion and spirituality in moral reasoning. According to the findings, religious and spiritual persons feel that the best moral outcome is always possible.The second aim was to examine the relationship between spirituality and moral reasoning. We found that highly spiritual people appeared to be more idealistic and less relativistic than non-spiritual people

Maharana (2014) conclude that even short term IYM courses constitute everlasting universal means for workplace wellness and excellence.The result of the study has shown that yoga is very beneficial for the development of leadership. It is cost effective and easy to implement as intervention. Its acceptability is also higher.

Raval (2014) in his research, investigator looked at the effect of yoga package on emotional intelligence and academic achievement of children studying in secondary school, for this he

selected 80 students studying in class 9 and divided them into two groups. The following research results were obtained: 1) There was an increase in the emotional intelligence level of the students of the experimental group while there was no significant change in the emotional intelligence level of the students of the control group. 2) The yoga package was found to positively increase the following components of students' (i) emotional intelligence (ii) self-confidence, (iii) self-control (iv) self-awareness (v) empathy

Patel (2016) in the **s**tudy on "Effect of yoga on social and physical stress." with a sample of 60 yogic and non-yogic persons found significant difference in the social and physical stress level of yogic and non-yogic persons.

Antala (2016) in the study titled "Job stress and happiness in vidhyasahayak and permanent teachers" revealed that there was significant difference between vidhyasahayak and permanent teachers in job stress and non-significant difference in happiness. While the correlation between job stress and happiness reveals to be 0.20 which is a low correlation.

Belhekar (2017) in his **s**tudy on "Cognitive and non-cognitive determinant of heuristics of judgment and decision are making general ability and personality traits" investigated the relationship of two decision making heuristics (availability and representativeness) with the five factor model of personality and the g-factor of intelligence. Heuristics of judgment and decision making are used to make judgements under uncertainty. Eight experimental decision making tasks for availability and representativeness heuristics have been used in this study from various tasks developed by Tversky and Khaneman. The participants responded to the NEO Five Factor Inventory (NEO-FFI) and Cattell's culture fair test of intelligence and also solved eight tasks of representativeness and availability heuristics. Over and above intelligence, neuroticism, agreeableness and openness to some extent have turned out to be significant predictors. These cognitive and non-cognitive determinants of heuristic decision making were discussed in the light of personality and intelligence.

Vadolia(2018) found that present research aim to effect of yoga on self-consciousness, moral value and mental ability among educated unemployed and employees. In the research presented, how will yoga affect the educated unemployed and employees?

Chavda (2018) contended that by doing *yog* people can stay healthy and physically fit and will be personally attractive and important in the society, spiritual power can improve, and people can get peace, and improve knowledge, confidence and skills.

Saxena (2018) found that the physical exercises from *yogasanas* affects the brain by increase in blood flow, neural connections, oxygen level in body etc. which ultimately enhances the working memory as found in other studies also.

Saksena (2019) reported that a combination of *Yog* and *Ayurveda* may lead to significant positive effects and effective restoration of physical, mental and emotional well-being over a period of two weeks. Thereby, encouraging the complementary relationship between Yog and Ayurveda.

Nagesha (2019) in this investigation, it was discovered that multi week yoga with simple yogic exercise and complex yogic exercises projects advanced beneficial outcomes on the improvement of health related physical wellness and mental parameters of auxiliary school young men, particularly on endurance, speed and strength.

NEP (2020) aims at molding students into complete human beings imbued with moral and spiritual values, character, knowledge, skills, creative genius, innovation and leadership skills that could boast of exemplary sportsman spirit and teamwork. The vision of the Policy is to instill among the learners a deep-rooted pride in being Indian, not only in thought, but also in spirit, intellect, and deeds, as well as to develop knowledge, skills, values, and dispositions that support responsible commitment to human rights, sustainable development and living, and global well-being, thereby reflecting a truly global citizen.

Wen, Xu (2021) in the study titled "Impact of yama and niyama on physiological and psycho-spiritual factors in young adults" provides preliminary evidence that either yama-niyama or yoga intervention promotes physical well-being whereas yama-niyama intervention promotes psycho spiritual development also in young adults.

Mishra &Ambe (2022) pointed out according to the Indian nomenclature; well-being refers to the harmony of indriyas, chitta and atman and is described as the well-being on physical, psychological and spiritual aspects of the life of an individual

Ghosh (2022) in the study concluded that, stress produces adverse effect on cardiovascular system in students along with the adverse effect on memory.Here also concluded that the

practice of yogic asanas and prayanayama not only reduces these adverse effect of examination stress,but also produces beneficiary effect on cardiovascular system and improved the memory performances of students.

The perusal of above studies indicates a positive impact of *yog* on overall well being of an individual in some or other way and inspired to conduct the following investigation.

STATEMENT OF THE PROBLEM

EFFECT OF YOGIC EXERCISES ON PSYCHO-PHYSICAL STRESS, MORAL VALUES AND PERSONALITY OF SECONDARY SCHOOL STUDENTS

SIGNIFICANCE OF THE STUDY

The importance of Yogic exercises have been emphasized by many of the past research studies across the country and globe. The present investigation is experimental in nature and seeks for the effect of properly designed yogic exercises package on psycho-physical stress, moral-values and personality of secondary school going students. The findings will be useful for curriculum framers at school stage with respect to incorporating these exercises from the point of view of real implementation in school curriculum transaction procedures.

OBJECTIVES

The present investigation shall be taken with the following objectives:

1. To develop a module of yogic exercises for secondary school students.
2. To study and compare the psycho-physical stress of secondary school students performing yogic exercises and traditional physical exercises.
3. To study and compare the moral values of secondary school students performing yogic exercises and traditional physical exercises.
4. To study and compare the personality of secondary school students performing yogic exercises and traditional physical exercises.

HYPOTHESES OF RESEARCH

Keeping in view the objectives the investigation will be undertaken with the following hypotheses:

1. Secondary school students performing yogic exercises will have significantly less psycho-physical stress as compare to the students performing traditional physical exercises.
2. Secondary school students performing yogic exercises will have significantly higher moral values as compare to the students performing traditional physical exercises.
3. Secondary school students performing yogic exercises will have significantly flourished personality as compare to the students performing traditional physical exercises.

DELIMITATION OF THE STUDY

1. The present study will be delimited to one district of Himachal Pradesh i.e. district Mandi.
2. The Study will be delimited to single block of district Mandi i.e. Karsog Block
3. The study will be delimited to secondary school students of 8^{th} class in Govt. school of selected area.
4. The study will be delimited to following variables:
   Yog, Psycho-physical stress, Moral values and Personality.

OPERATIONAL DEFINITIONS OF TERM USED

Yogic Exercises: Yogic exercises are a complete system of concrete steps towards achieving physical and mental balance and attaining the state of bliss or liberation. Its emphasis on the unity of body, mind and soul requires dedicated attention to disciplining oneself in all aspects of life. It includes all spiritual practices, asanas, pranayam and also meditation.

Psycho-Physical Stress: The concept stress is generally used in the common sense world and in the psychological studies. In this study Psycho-Physical Stress refers to the physical and mental tension. It is a force that causes strain physically or mentally.

Moral Values: Moral values are the guidelines that help a person to decide between right and wrong. We can define moral values as relative values which are fundamental to human existence. Broadly speaking, moral values are the core values that take us outside of ourselves and motivate us to be good and do well to others. In this study investigator will focus on the moral values; Truth, honesty, kindness, Tolerance, Respect, and courtesy

Personality: Personality is a concept that has been used to identify the stability and consistency of behavior, the uniqueness of individuals and individual differences in different situations. In this study Personality is the entire mental organization of human character: intellect, temperament, skill, morality and behavior that comprise a person's unique adjustment to life

Gender: In this study gender refers to the male and female secondary school students

VARIABLES OF STUDY

Independent Variables:

1) Yogic Exercises
2) Gender

Dependent Variables:

(1) Psycho-physical stress.
(2) Moral values.
(3) Personality.

Intervening/ External variables:

In the present study, the investigator will also try to control the following extraneous/ intervening variables viz.

1) Age
2) Level of education and
3) Intelligence
4) Socio-cultural environment

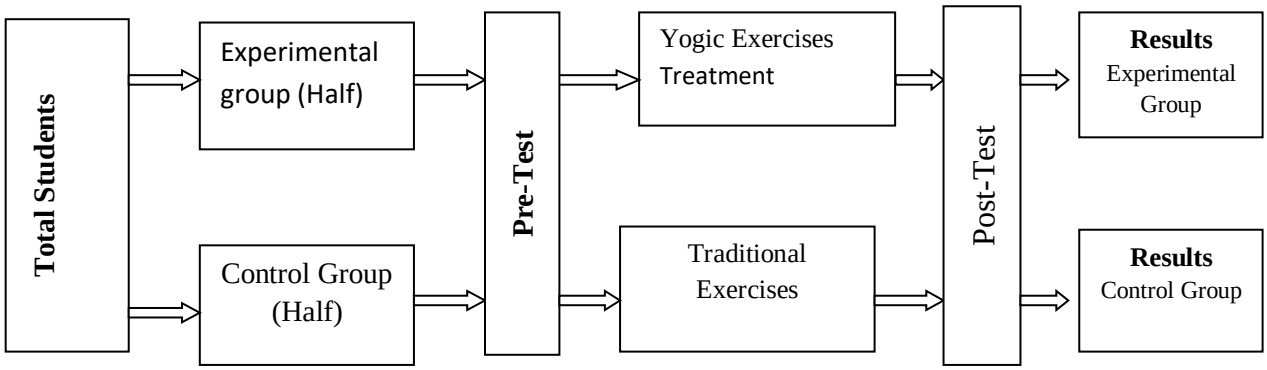
RESEARCH METHODOLOGY

Research Methodology is a systematic way of solving research problems. The present research will be a true experimental research in a non-laboratory setting like a classroom.

RESEARCH DESIGN

The aim of present research is to study of effect of yogic exercises on psycho-physical stress, moral values and personality of secondary school students of 13-14 years age group/8^{th} and 9^{th}

class students. For conducting the present study, True-Experimental Design i.e. Pretest-Posttest Equivalent-Groups Design (Best and Kahn, 2006, p. 181) also called as *Two groups randomized subjects, pre-test post-test design* shall be used.



Two groups randomized subjects, pre-test post-test design

SAMPLING

Following convenient sampling, the investigator will select a GSS School from Karsog Block of district Mandi for conducting the present investigation. All the students of 8th and 9th class as per the availability and strength will be selected after identifying their demography, giving due emphasis to aspects like age, class and socio-cultural environment before they will be divided in to two groups to ensure homogeneity.

Further, Raven's Standard Progressive Metrics (Non-Verbal Intelligence test) will be administered to all the students of 8th and 9th Class to obtain intelligence scores. The answer books of students having age groups 13-14 years will be selected to control age factor. On the basis of age and intelligence scores, subject to subject matching technique will be followed to form two groups i.e. experimental and control group of equal student strength (with minimum 40 students in each).

The experimental group will be subjected to Yogic Exercises treatment and the control group will be subjected to traditional physical exercises.

RESEARCH TOOL USED

Yogic Exercises Module to be developed by the investigator himself.

Psycho-physical stress scale to be developed by investigator himself.

Moral values scale developed by *Dr. Surabhi Aggarwal (2017).*

Personality scale by Y. Singh and H.M. Singh (2011)

PROCEDURE FOR DATA COLLECTION

The research shall be conducted in the following phases.

Phase-I

In the first phase, investigator himself will develop a module on yogic exercises by consulting the related literature and past researches on the yoga. The investigator will also develop and standardize a scale on Psycho-Physical Stress, simultaneously.

After development of Yogic Exercise Module a pilot try out of the module shall be carried out for about two weeks on small sample of the population, to see if the module is effective or not and accordingly on the basis of try out necessary modifications/ changes shall be incorporated if required.

Thereafter, the investigator will select the sample for present investigation, as specified under sampling procedure, and will divide the subjects in to two groups as experimental and control group.

After dividing students in to experimental and control groups the investigator shall administer the research tools on i) Psycho-Physical Stress ii) Moral Values and iii) Personality so as to obtain pre-test scores of subjects of sample.

Phase-II

In Second phase, the experimental group shall be given yogic intervention continuously for six days a week for at least 3 months through yogic exercises intervention package whereas the control group will not be given any intervention treatment and will undergo their routine work.

Phase-III

In this phase, after the application of intervention package the investigator shall also administer the research tools on psycho-physical stress, moral values and personality so as to obtain post-test scores of subjects of sample.

The gathered information shall be organized and tabulated in to relevant categories.

STATISTICAL TECHNIQUE

In the present study, different statistical techniques will be employed for the analysis of data depending upon the design and objectives of the study. For studying the effect of Yogic Exercises and Traditional Physical exercises on different selected dependent variables, the statistical technique of t-test will be applied to test the significance of mean gain on different variables from pre-test to post-test stage.

Before the applying the statistical technique of ANCOVA the data pertaining to different variables will be tested for certain basic assumption as given below:

- Assumption of Randomness.
- Assumption of Homogeneity of variance.
- Assumption of Normality.
- Assumption of constant effects of treatments.
- Assumption of Correlation.
- Assumption of homogeneity of Regression.

After the checking the assumption of 'Analysis of Co-Variance' the data will be further analyzed by using statistical technique of ANCOVA.

The master charts prepared by the researchers will be transfer to the computer software (SPSS). For checking the accuracy of the results derived through SPSS software, the investigator also analysis the data manually by applying the statistical technique of ANCOVA following the procedure given by **Ray (1960).**

BIBLIOGRAPHY

Aggarwal, J. C. (2006). *Educational Reforms in India*. Delhi: Shipra Publication.

Agnihotri, S., Kant, S., Kumar, S., Mishra, R.K., & Mishra, S. K. (2014). Impact of Yoga on Biochemical profile of asthamatic. *International Jaurnal of Yoga*,7,17-21.

Alter, J. S. (2004). *Yoga in Modern India*. New Jerecy: Princetone University Press.

Antala, M. (2016): Job stress and happiness in vidhyasahayak and permanent teachers. *Anand Mimamsa (Sahitya, Kala aur Vinjnana ke paripreksya men), II*, 103.

Belhekar, V. (2008). *Personality correlates of creativity a study using eysenckian model and the five factor model.*[Doctoral dissertation, Savitribai Phule Pune University]. Research Direct. http://hdl.handle.net/10603/145542

Belhekar,V.M. (2017). Cognitive and non cognitive determinant of heuristics of judgment and decision are making general ability and personality trait. *Journal of the Indian Academy of Applied Psychology*,43,75-84.

Bhattacharjee, S. & Tripathi, P. (2012). A study onpsychological Stress of Working Women. *International Journal of multidisciplinary Research*,*2*(2), 434-445.

Bhatnagar, N., Sharma, P., &Ramachandran, K. (2020) - Spirituality and Corporate Philanthropy in Indian Family Firms: An Exploratory Study. *Journal of Business Ethics*,*163*,715-728.

Baumsteiger, R., Chenneville,T. (2013) - Ethics & Behavior.*The roles of religiosity and spirituality in moral reasoning*,*23*(4),266-277.

Babu, B.V.(1999).*Yoga and modern Indian education,* [Doctoral dissertation, *Andhra* University].Research Direct.http://hdl.handle.net/10603/401437

Chavda, H. M.(2018).*Effect of yoga on psycho physical stress moral values and Personality*[Doctoral dissertation, Saurashtra University].Research Direct.http://hdl.handle.net/10603/213512

Das, G. (2021) Inculcation of Value Education and Development of health counseling through Yoga.*International Journal of Multidisciplinary Educational Research,10*(2),31-33

Dula,C.S.,Toussaint, L., & Webb, J. R.(2014).Ritualistic, Theistic, and Existential Spirituality. *Journal of Religion and Health, 53*,972-985.

Falkenberg, R. I.,Eising, C. & Peters,M. L. (2018).Yoga and immune system functioning: a systematic review of randomized controlled trials.*Journal of Behavioral Medicine*,*41*,467 –482.

Ghosh, S. (2022).*Effects of Yogic Exercise on Memory and Cardiovascular Parameters in Medical Students under Examination Stress* [Doctoral dissertation,Santosh Deemed to be University].Research Direct.http://hdl.handle.net/10603/457158

Government of India,Ministry of Human Resource Development.(2020). *National Education Policy*.NewDelhi: Author.

Joshi, D. (2007).*Value Education in Global Perspective.* New Delhi: Lotus Press

Kaur, B. (2006).*Peace Education*. New Delhi: Deep &Deep Publication Pvt.Ltd.

Kaur, G. (2014*):* Individual personality and stress.*International journal of management & technical research* (IJMTR), *I,* 1-9.

Kadu, D. (2016).*Importance and value of Yoga in our life,* Article retrieved from https://www.shareyouressays.com/sample-essays/short-essay-on-importance-and-value-of-yoga-in-our-life/3282On April 04, 2023.

Kothari Commission (1964-66). *Aims Objectives and major Recommendation*Retrieved from https://ncert.infrexa.com/kothari-commission-objectives-and-major-recommendationson Dated 23/04/2023.

Kaur, A. (2006). *Effect of yogic practices on physical and psychological parameters for management of academic stress* [Doctoral dissertation, Panjab University].Research Direct.http://hdl.handle.net/10603/80707

Kundu, P. *(2017).Effect of yogic and non-yogic exercises on selected physical and physiological parameters in obese students* [Doctoral dissertation,MaharshiDayanand University]. Research Direct.http://hdl.handle.net/10603/207203

Mangal, S.K., Mangal,U., Mana, S. K. (2007).*Yog –Education*. Delhi : Vishal Printers.

Mokta, N.K. (2018).*Understanding the self*.Dharamshala: Sammer Publication.

Maharana, P. (2014).*Effect of integrated yoga module on leadership development of managers* [Doctoral dissertation, Swami Vivekananda Yoga AnusandhanaSansthana].Research Direct. http://hdl.handle.net/10603/218468

Mishra, R.B., &Ambe, G.K. (2022)Manasatattva and its therapeutic principles. *Journal of Ayurveda and Integrated Medical Sciences,7*(1),250-255.

Myers, J. E., & Sweeney, T. J. (2004). The Indivisible Self: An Evidence-Based Model of Wellness. *Journal of Individual Psychology*, *60*(3), 234-245.

Nagesha,B.(2019).*Effect of yogic exercises on health related physical fitness and psychological variables of secondary school students* [Doctoral dissertation,Bangalore University]. Research Direct.http://hdl.handle.net/10603/370000

National Council for Educational Research and Training (2005).*National Curriculum Frame Work: New Delhi*[Brochure].

Nagrajan, K., Devnath, P.(2015). *Yoga Education: Bachelor of Education. NCTE New Delhi:ShriJuglal Singh, Member Secretary, NCTE, on behalf of the NCTE.*

Patil, V. T. (2008).*Value Education and Human Rights Education*. New Delhi: GNOSIS Publication.

Patil, Y. (2015).*Value Education Need of The Hour*. Mumbai**:** Pasaaydaan Foundation.

Patel, N. K. (2016). Effect of yoga on social and physical stress, *Anand-Mimamsa (Sahitya, Kala or Vijnanakepariprekṣya men), II, 41*.

Pal, S. (2019). Study of Spiritual Intelligence among D.Ed.Ed.Students.*International Journal of Research,7*(7),142-147.

Panigrahi, S. S. (2020).Taught Vs Caught: Impact of Value Education Towards Human Development. *Journal of Emerging Technologies and Innovative Research,10,*1095-1099.

Peter, T. M. N., &Liyan, L. (2015).Spirituality and morality: a study of communal aspects from eastern and western perspectives. *Journal of Religious Education,63,* 13–24

Patil, Y. (2013) Role of Value-Based-Education in society.*International Conference on LEADERSHIP AND MANAGEMENT THROUGH SPIRITUAL WISDOM* 2-8

Raymond F. P., Crystal L. P. (2013) .*Hand book of the psychology of religion and Spirituality.*New York*:* The Guilford Press.

Rani, N. J.,&Rao, P. V. K. (2005).Impact of Yoga Training on Body image and Depression.*Psychological Studies,50*(1),98-100.

Raval, S. (2014): Yoga in Relation to its Psychophysical Impact.*The International Journal of Indian Psychology,01*(03),2348-5396.

Saksena, Teesta (2019). *Yoga as a Predictor of Mindfulness Self Compassion and Quality of Life,* [Doctoral dissertation, Amity University, Noida].Research Direct.http://hdl.handle.net/10603/332191

Srivastava, K. (2012).Concept of personality: Indian perspective. *Industrial Psychiatry Journal*,*21*(2),89-93.

Saxena, R. R. (2018).*Role of Yoga Asana and Meditation in enhancing extra Sensory perception and working memory in university students*[Doctoral dissertation, Sardar Patel University].Research Direct.http://hdl.handle.net/10603/277564

Shukla, C. (2006). *Moral Value and Educational Progress*. New Delhi: Sumit Enterprises.

Singleton, M., & Byrne, J. (2008) *Yoga in the Modern World, Contemporary Perspectives*. New York: Routledge Taylor & Francis Group.

Sharma, S.,Chauhan, A.,&Khanna, S. (2012). Stress management through yoga practices in the corporate sector. *African Journal of Business Management*,*6*(37),10117-10124.

Kashdan, T. B.,& Nezlek, J.B.(2022). The Influence of Daily Events on Emotion regulation and Well-Being in Daily Life. *Personality and Social Psychology Bulletin*,*48*(1),19–33.

Vadolia , N. M. (2018). *Effect of Yoga on self consciousness Moral Value and Mental Ability Among Educated Unemployed and Employed* [Doctoral dissertation,Saurashtra University].Research Direct.http://hdl.handle.net/10603/226818

Vashisht, N., &Vashisht, S. (2013). *Education For Value Environment and Human Rights*. Jalandhar: CBC Publication.

Warren, H. C., & Carmichael, L. (1930).*Elements of Human Psychology.*Boston: Houghton Mifflin Company.

Wen, Xu (2021).*Impact of yama and niyama on physiological and psycho-spiritual factors in young adults* [Doctoral dissertation,Swami Vivekananda Yoga AnusandhanaSansthana]. Research Direct.http://hdl.handle.net/10603/335553

Zinnbauer, B. J., &Pargament, K. I. (2005).*Religiousness and Spirituality***.**New York: The Guilford Press.

Websites

https://timesofindia.indiatimes.com/readersblog/mridul-mazumdar/importance-of-spiritual-education-in-school-10556/

https://vivekavani.com/bhagavad-gita-chapter-2-verse-47/

https://www.openbible.info/topics/helping_others
https://quran.com/4/135?translations=31,43,101,19,85,84,22,21,20,18,17,95
https://www.education.gov.in/sites/upload_files/mhrd/files/NEP_Final_English_0.pdf
https://digitalcommons.usf.edu/cgi/viewcontent.cgi?article=1177&context=fac_publications
https://ebrary.net/124741/psychology/life_tasks
https://trace.tennessee.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=3838&context=utk_graddiss
https://timesofindia.indiatimes.com/readersblog/mridul-mazumdar/importance-of-spiritual-education-in-school-10556/
https://www.tandfonline.com/doi/abs/10.1080/07481180802289507
https://www.google.co.in/books/edition/Value_Education/vvTWsgEACAAJ?hl=en
https://www.tandfonline.com/doi/abs/10.1080/07481180802289507
file:///C:/Users/HP/Downloads/287-Article%20Text-658-1-10-20200319%20(1).pdf
https://www.education.gov.in/sites/upload_files/mhrd/files/lu1222.PDF Retrieved on23/04/2023
https://statisticsbyjim.com/basics/experimental-design/ Retrieved on02/05/2023
https://www.questionpro.com/blog/experimental-research/#2._true Retrieved on02/05/2023
http://www.psychology.hku.hk/ftbcstudies/refbase/docs/zinnbauer/2005/33_Zinnbauer+Pargament2005.pdf
(https://ofhsoupkitchen.org/moral-values
http://hdl.handle.net/10603/332912
http://hdl.handle.net/10603/213512
(http://hdl.handle.net/10603/334857)
http://hdl.handle.net/10603/80707
https://www.researchgate.net/publication/258701982_Concept_of_personality_Indian_perspective
https://ncte.gov.in/website/PDF/NCFTE_2009.pdf

Ouriginal by Turnitin

Document Information

Analyzed document	Praveen Synopsis for Plag Check.docx (D171058241)
Submitted	6/21/2023 12:21:00 PM
Submitted by	Dr. Ajay Sharma
Submitter email	sharmaajay219@gmail.com
Similarity	0%
Analysis address	sharmaajay219.abhi@analysis.urkund.com

Sources included in the report

Entire Document

STATEMENT OF THE PROBLEM EFFECT OF YOGIC EXERCISES ON PSYCHO-PHYSICAL STRESS, MORAL VALUES AND PERSONALITY OF SECONDARY SCHOOL STUDENTS SIGNIFICANCE OF THE STUDY The importance of Yogic exercises have been emphasized by many of the past research studies across the country and globe. The present investigation is experimental in nature and seeks for the effect of properly designed yogic exercises package on psycho-physical stress, moral-values and personality of secondary school going students. The findings will be useful for curriculum framers at school stage with respect to incorporating these exercises from the point of view of real implementation in school curriculum transaction procedures. OBJECTIVES The present investigation shall be taken with the following objectives: 1. To develop a module of yogic exercises for secondary school students. 2. To study and compare the psycho-physical stress of secondary school students performing yogic exercises and traditional physical exercises. 3. To study and compare the moral values of secondary school students performing yogic exercises and traditional physical exercises. 4. To study and compare the personality of secondary school students performing yogic exercises and traditional physical exercises. HYPOTHESES OF RESEARCH Keeping in view the objectives the investigation will be undertaken with the following hypotheses: 1. Secondary school students performing yogic exercises will have significantly less psycho-physical stress as compare to the students performing traditional physical exercises. 2. Secondary school students performing yogic exercises will have significantly higher moral values as compare to the students performing traditional physical exercises. 3. Secondary school students performing yogic exercises will have significantly flourished personality as compare to the students performing traditional physical exercises.

DELIMITATION OF THE STUDY 1. The present study will be delimited to one district of Himachal Pradesh i.e. district Mandi. 2. The Study will be delimited to single block of district Mandi i.e. Karsog Block 3. The study will be delimited to secondary school students of 8th class in Govt. school of selected area. 4. The study will be delimited to following variables: Yog, Psycho-physical stress, Moral values and Personality. OPERATIONAL DEFINITIONS OF TERM USED Yogic Exercises: Yogic exercises are a complete system of concrete steps towards achieving physical and mental balance and attaining the state of bliss or liberation. Its emphasis on the unity of body, mind and soul requires dedicated attention to disciplining oneself in all aspects of life. It includes all spiritual practices, asanas, pranayam and also meditation. Psycho-Physical Stress: The concept stress is generally used in the common sense world and in the psychological studies. In this study Psycho-Physical Stress refers to the physical and mental tension. It is a force that causes strain physically or mentally. Moral Values Moral values are the guidelines that help a person to decide between right and wrong. We can define moral values as relative values which are fundamental to human existence. Broadly speaking, moral values are the core values that take us outside of ourselves and motivate us to be good and do good to others. In this study investigator will focus on the moral values; Truth, honesty, kindness, Tolerance, Respect, and courtesy Personality: Personality is a concept that has been used to identify the stability and consistency of behavior, the uniqueness of individuals and individual differences in different situations. In this study Personality is the entire mental organization of human character: intellect, temperament, skill, morality and behavior that comprise a person's unique adjustment to life Gender: In this study gender refers to the male and female secondary school students